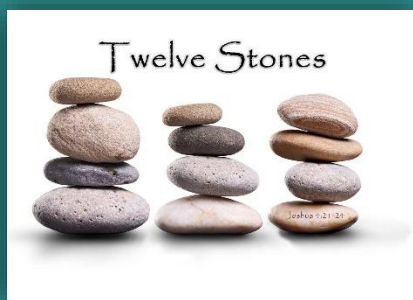


July 2020

In this newsletter you will find:

- ✓ New 'Must Have' Convention Products
- ✓ Fun Summer Recipe for your 4<sup>th</sup> of July Plans
- ✓ July Podcast Episodes
- ✓ FREE Educational Zoom Classes
- ✓ July Promotions



# Twelve Stones

## Health and Wellness Newsletter

### New Convention Products

Convention was a blast for our oily community. Young Living launched some amazing products that are for a limited time, but some that are here to stay! One of my favorites is the Thieves Chest Rub specifically for cough or cold. This chest rub is formulated with Thieves essential oil (without any synthetic chemicals) and is safe for children. You just rub it on the chest every 15-30 minutes as needed, and you will be able to find relief.

Vitamin D is essential for everyone to supplement all year round, but even more so in the winter. Young Living's vitamin D is formulated with essential oils to aid in absorbency and is a yummy citrus flavor.





“

Philippians 4:7

*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Friends, in this world that seems so unresting right now, please know that God's peace will transcend our hearts and minds and will guide us through these very confusing days.

Christen Hull | Twelve Stones Health and Wellness

Twelve-stones.net | hullchristen@gmail.com | 218-481-5088 |  CleanChristen |  CleanChristenNR

## Twelve Minute Health Bits Weekly Podcasts

Listen to episodes by subscribing at <https://www.buzzsprout.com/974632> All episodes are released Monday mornings. [Visit my website](#) to read and listen to podcasts under the Blog Section.

### July Episodes

- ✓ Ep. 10 | July 6 | Vitamin C - Why everyone should be Supplementing
- ✓ Ep. 11 | July 13 | Glutathione - How to get it and Why you want it
- ✓ Ep. 12 | July 20 | The Sun, Vitamin D, and Sunscreen Concerns
- ✓ Ep. 13 | July 27 | The Lymphatic System - How to Detox

## Fourth of July Recipe – Fruit Pizza

**Crust:** Use Young Living's Einkorn pancake and waffle mix. Follow recipe instructions and very thinly press into the bottom of a 9 x 13 pan. Make sure to oil your pan with avocado oil or grass-fed butter. Bake for 15 minutes at 425 degrees or until crust is solid and let cool.



**Frosting:** Whip Organic Valley cream cheese with 5-6 drops of orange essential oil (lemon or tangerine work also), add in 1 tsp vanilla extract, and 1/4 cup maple syrup. After thoroughly mixed, spread onto the already cooled crust.

**Decorative Top:** Cut strawberries into flat slices and layer fruit on pizza to form a flag with blueberries and/or blackberries in the upper left corner and strawberries as the stripes.

## Free Zoom Education Classes

**Yoga and Oils every Sunday at 7:00 p.m. CST**

**Zoom Personal Meeting ID 6675694272 for all classes**

### ✓ Sip and See - New Convention Products

July 6 | 8:00 p.m. CST

Grab your Ningxia Red and sip as I go over the new products with you

### ✓ Essential Oils 101



July 18 | 9:00 a.m. CST

Invite a friend who is not already a member to watch with you for a chance to win a \$50 account credit

### ✓ Ningxia 103

July 30 | 4:00 p.m. CST

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## July Promotions



# total preparedness *with july promos*

**100PV**  
5ml envision

**190PV**  
5ml geneyus  
5ml common sense  
5ml envision

**250PV**  
5ml egyptian gold  
5ml geneyus  
5ml common sense  
5ml envision

**300PV**  
15ml valor  
5ml egyptian gold  
5ml geneyus  
5ml common sense  
5ml envision

healthier homes • healthier homes • healthier homes • healthier homes • healthier h



It's a privilege to help your family  
find non-toxic alternatives to  
everyday products and live the  
healthiest life possible.

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Facebook: cleanchristenNR

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